



RECLINICAL AND LABORATORY FEATURES OF HEMOSTASIS DISORDERS IN PATIENTS WITH RHEUMATOID ARTHRITIS.

Melibaeva Kh.S., Kurbanova Z.Ch., Akhmedova D.B., Sayfutdinova Z.A. Safarova Gulasal
Tashkent Medical Academy

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Abstract:

This article discusses the importance of laboratory diagnosis of rheumatoid arthritis as a crucial part of evaluating patients suspected of having this condition. The main methods of laboratory testing, their role in disease diagnosis and monitoring, as well as the interpretation of test results in conjunction with the clinical presentation are analyzed in the article. Key biomarkers are considered, and the peculiarities of laboratory diagnosis in the context of rheumatoid arthritis are discussed. Recommendations for specialists on conducting and evaluating laboratory analyses are provided. The aim of the article is to increase awareness among healthcare providers and patients about the significance of laboratory diagnosis for accurate diagnosis and optimal management of rheumatoid arthritis.

Keywords: *rheumatoid arthritis, laboratory diagnostics, clinic, inflammation, joints*

Rheumatoid arthritis, also known as rheumatoid polyarthritis, is a chronic inflammatory condition that affects the joints, typically in a symmetrical pattern. It results in joint damage and deformation, leading to limited mobility and pain. Symptoms of rheumatoid arthritis include joint pain and swelling, morning stiffness, fatigue, fever, and overall malaise. Treatment for rheumatoid arthritis involves the use of anti-inflammatory medications, physical therapy, exercises, and in some cases, surgical intervention.

Rheumatoid arthritis remains a pressing healthcare issue as it is a chronic condition that significantly impacts the quality of life for patients. Failure to diagnose and treat it properly can lead to disability [2, 5, 6]. The lack of a complete cure complicates treatment and symptom management, requiring ongoing medical supervision.

THE AIM OF OUR RESEARCH is to explore the laboratory diagnostic methods of rheumatoid arthritis, deepen the understanding of the characteristics and significance of test indicators for diagnosis and disease monitoring, and provide practical recommendations for conducting and interpreting laboratory studies for healthcare professionals and patients.

Rheumatoid arthritis is one of the most common forms of inflammatory joint diseases. According to the World Health Organization, approximately 1% of the world's population suffers from rheumatoid arthritis. It is more commonly seen in women, particularly between

the ages of 30 and 60, but can occur at any age and in men as well [1].

The prevalence of this disease may vary across different countries and regions, but overall, rheumatoid arthritis has a fairly high prevalence rate and poses a significant healthcare challenge. It is important to note that timely diagnosis and treatment of rheumatoid arthritis can greatly improve the prognosis and quality of life for the patient.

The prevalence of rheumatoid arthritis in Uzbekistan is not directly known as accurate statistical data on the number of people suffering from this condition may be limited or unavailable. However, like in many other countries, rheumatoid arthritis presents a significant healthcare challenge in Uzbekistan.

In Uzbekistan, individuals with rheumatoid arthritis have the option to seek medical assistance from rheumatologists or other specialists. Various clinics and hospitals within the country offer diagnostic services and treatment for this condition.

To obtain more precise information on the prevalence of rheumatoid arthritis in Uzbekistan, it is recommended to consult medical organizations and relevant statistical data sources.

Individuals with rheumatoid arthritis may exhibit a variety of characteristics typical of this condition. The following are some of them:

1. Description of pain and complaints: Pain in rheumatoid arthritis is typically characterized by morning stiffness and joint stiffness that may worsen



throughout the day. Patients may also experience fatigue, general weakness, and loss of appetite.

2. Joint changes: Patients with rheumatoid arthritis often experience inflammation and pain in small and large joints, leading to their deformity and limited mobility.

3. Inflammatory manifestations: Rheumatoid arthritis is a systemic disease that can affect various organs and systems in the body. Complications such as inflammation of blood vessels, heart, lungs, eyes, and other organs may occur in some patients.

4. Psychological Considerations: Patients with chronic pain and limitations in daily life may experience psychological distress, leading to symptoms such as depression, anxiety, and social isolation.

5. Sleep disturbances and fatigue:

Symptoms of pain and inflammation common in rheumatoid arthritis can lead to difficulties with sleep and feelings of persistent fatigue in patients.

6. Decrease in quality of life: Rheumatoid arthritis can significantly impact the quality of life of patients, as they may encounter restrictions in their daily activities, work, social life, and self-management [1, 3, 6, 7].

Understanding these and other characteristics of patients with rheumatoid arthritis enables specialists and caregivers to provide effective support and appropriate treatment, in order to enhance the quality of life for this group of patients [2].

Thanks to modern diagnostic and treatment methods, the prognosis for patients with rheumatoid arthritis has improved. However, ongoing attention to this disease and its consequences is still necessary. Research on developing new treatment methods and strategies for managing rheumatoid arthritis is also ongoing, indicating the continued relevance of this issue.

Laboratory diagnostics for rheumatoid arthritis play a crucial role in the assessment and evaluation of patients suspected of having this condition. While there isn't a single definitive test to determine rheumatoid arthritis, utilizing a combination of various laboratory analyses along with clinical symptoms enables physicians to accurately diagnose and monitor the disease [4].

Laboratory diagnosis of rheumatoid arthritis involves multiple tests to assist physicians in identifying the presence of this disease and assessing its severity. Below are some of the tests that may be utilized in diagnosing rheumatoid arthritis:

1. Blood test for C-reactive protein (CRP): This test can assist in determining the level of inflammation

in the body. Elevated CRP levels may indicate inflammation characteristic of rheumatoid arthritis.

2. Blood test for erythrocyte sedimentation rate (ESR): A high ESR level may also indicate the presence of inflammation in the body.

3. Antibodies to cyclic citrullinated peptide (anti-CCP): A positive result for the presence of anti-CCP antibodies is commonly associated with rheumatoid arthritis.

4. Rheumatoid Factor (RF): An elevated level of RF may also be detected in patients with rheumatoid arthritis.

5. Testing for Antinuclear Antibodies (ANA) in Blood: Antinuclear antibodies may be present in some patients with rheumatoid arthritis, leading to positive test results.

These tests are part of standard laboratory analyses that can aid in diagnosing rheumatoid arthritis. Additional tests may be ordered by a physician to further refine the diagnosis and assess the severity of the condition. It is important to remember that the diagnosis of rheumatoid arthritis should always be conducted by a qualified healthcare professional [9, 10].

When conducting laboratory diagnosis of rheumatoid arthritis, it is crucial to adhere to specific practical recommendations to ensure the correct and effective execution and interpretation of test results. The following are some practical recommendations:

1. Revised information: It is essential to consider that the results of laboratory tests require confirmation based on the patient's clinical data and medical history. Laboratory parameters should be interpreted in the context of the overall disease presentation.

2. Expert Consultation: Rheumatoid Arthritis is a complex condition, which is why diagnosis and treatment should be overseen by a qualified rheumatologist. It is recommended to seek advice from an experienced specialist for interpreting test results and accurately diagnosing the condition.

3. Research Selection: Different laboratory tests may be utilized for diagnosing rheumatoid arthritis, such as blood tests for CRP, ESR, anti-CCP, RF, ANA, and others. The choice of specific tests by a physician will depend on the request, the nature of the symptoms, and the clinical pattern observed in each individual patient.

4. Regular Monitoring: Keeping track of the results of laboratory tests over time can assist in evaluating the effectiveness of treatment and monitoring the progression of the patient's illness.



5. Interpreting results: It is essential to interpret the results of laboratory tests in the context of comprehensive clinical data pertaining to the overall disease presentation. They should not be relied upon in isolation from other factors for diagnosing rheumatoid arthritis [6, 7].

By following these practical recommendations, professionals can ensure a more accurate diagnosis and more effective treatment for patients with rheumatoid arthritis.

It is important to remember that test results should always be interpreted in conjunction with all available data on the patient's overall condition, clinical symptoms, and complete medical history. Consulting with an experienced rheumatologist and conducting regular monitoring of test results help physicians make informed decisions about the treatment and management of rheumatoid arthritis.

Taking into account the accurate interpretation of results and adherence to the practical recommendations provided above, laboratory diagnostics of rheumatoid arthritis is an important tool for successful management of this chronic condition and improvement of patients' quality of life.

The unique aspect of laboratory diagnostics for rheumatoid arthritis involves the use of various tests and analyses to confirm the presence of the disease and further refine its characteristics. No single test definitively proves the existence of rheumatoid arthritis, which is why the diagnosis is typically based on a comprehensive evaluation of clinical symptoms, as well as the results of laboratory and imaging studies [2, 3, 10].

It is important to consider that laboratory test results can vary among different patients, and a single parameter cannot be used as a definitive diagnostic criterion for rheumatoid arthritis. Therefore, a thorough analysis of data is necessary for accurate diagnosis, and the physician should conduct a comprehensive assessment to reach the correct conclusion.

Another key aspect of laboratory diagnostics is the fact that test results can vary over time depending on the activity of the disease and the effectiveness of treatment. Therefore, regular laboratory testing can help monitor the patient's condition and the efficacy of the therapy [8, 9].

CONCLUSION: In conclusion, a comprehensive approach and interpretation of data in the context of a patient's clinical manifestations are required for the laboratory diagnosis of rheumatoid arthritis.

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